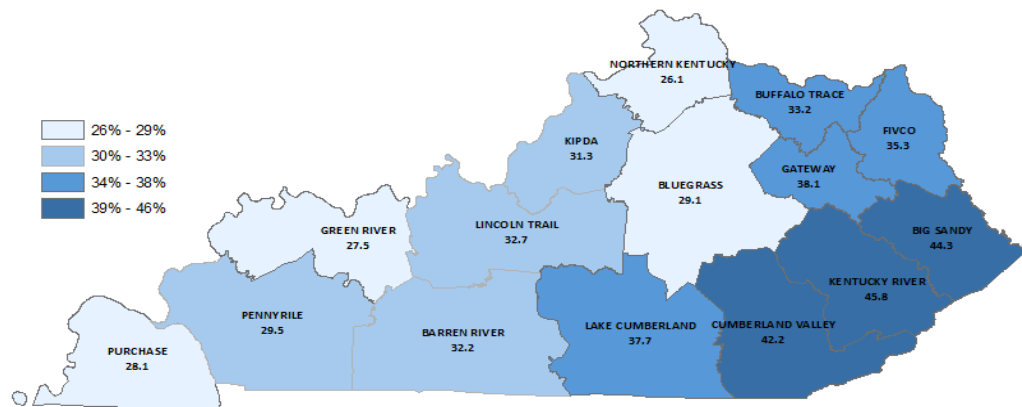


Kentucky 2017 Arthritis Fact Sheet

Arthritis Prevalence by ADD, 2015 KyBRFS



Statewide Prevalence: 32%
Nationwide (States and DC) Median: 25.3%

How many Kentuckians have Arthritis?

- Over one million adults (32%) ages 18 and over¹
- Women (35.6%); Men (28.1%)¹
- Higher among those earning less than \$25,000 annually (41.1%)¹

How does Arthritis impact daily life in Kentucky?

- 562,000 reported limits to daily activities¹
- 440,000 working-age adults (18-64) reported work limitations¹
- 515,000 adults restricted social activities due to symptoms¹

How many in Kentucky have had knee or hip replacement?

- 12,590 adults hospitalized for knee arthroplasty²
 - ⇒ average length of stay was 3.1 days²
 - ⇒ average charges per stay were \$16,398²
- 7,659 adults hospitalized for hip replacement (total or partial)²
 - ⇒ average length of stay was 3.8 days²
 - ⇒ average charges per stay were \$20,469²

Arthritis and Other Chronic Conditions

Arthritis and other common chronic diseases like diabetes, heart disease, and high cholesterol share common risk factors, such as being less physically active, and higher rates of being overweight or obese.

- 55.9% (253,110) of adults with **diabetes** also have arthritis.¹
- 59.8% (120,388) of adults with **cardiovascular disease** also have arthritis.¹
- 48.1% (647,248) of adults with **high blood pressure** also have arthritis.¹
- 50.8% (537,770) of adults with **high cholesterol** also have arthritis.¹

1. Kentucky Behavioral Risk Factor Survey (KyBRFS) 2015 Data. Department for Public Health, Cabinet for Health and Family Services, Frankfort, Kentucky.

2. HCUPnet, Healthcare Cost and Utilization Project. Agency for Healthcare Research and Quality, Rockville, MD. <https://hcupnet.ahrq.gov/>. Accessed January 5, 2017

What can be done to improve Arthritis in Kentucky?

Individuals

Low impact physical activity can lessen arthritis pain and stiffness. Proven self-management and physical activity programs such as the Chronic Disease Self-Management Program, Enhance Fitness, and Walk with Ease are available in most areas of Kentucky through your Area Agency on Aging and Independent Living, Kentucky Homeplace, local health department, Senior Center, or YMCA.

Health Care Providers

Prescribe low impact physical activity appropriate for those with arthritis. Refer patients to evidence-based interventions such as those listed above to help reduce symptoms and improve health and overall quality of life.

